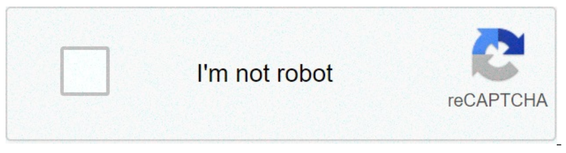

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Does gas have weight in the body

While the scale does tell you how much you weigh, it doesn't exactly tell you what the weight actually means. If you're up a few pounds, does that mean it's all fat? Is it muscle? Or are you just a little bloated? It can be hard to tell the differences if it's weight gain or bloating, which is why we did some digging to find out what your weight gain really means. In order to do so, we spoke with Maggie Michalczyk, RDN and founder of OnceUponAPumpkinRD.com, to discuss the differences between weight gain and bloating, and she had a lot of advice to share. The secret sign? The look of your stomach. Does your stomach look different? It's probably bloated! When you're feeling normal as can be (not gassy and eating a balanced diet), give your stomach a good look. Keep that image clear in your mind, because it's going to help you determine when you're bloating or not. "Bloating typically happens after a meal," says Michalczyk. "Notice how your stomach looks at that time [versus] how it usually looks to begin to determine if it's bloating or weight gain." According to the University of Pittsburgh Medical Center, bloating will cause your stomach to wildly expand. Your stomach will feel kind of hard compared to your usual soft tummy, so give it a poke. If it feels different than normal, it's probably bloating. What causes belly bloat? In terms of what causes bloating, Michalczyk says it could be a myriad of things. First, most women will experience some bloating and weight gain around the time they are menstruating. "It's totally normal to be a couple of pounds heavier around your cycle, because we tend to retain water weight," says Michalczyk. "So if you are around that time of the month, that's a good indication that it's not weight gain but changes associated with your period instead." Secondly, bloating can also be a result of what you are eating. And not just unhealthy foods (although those don't exactly help), but all kinds of foods—like cruciferous vegetables. "If you find that after eating certain veggies you are always bloated (like cauliflower, broccoli, and Brussels sprouts) you may be more sensitive to these gas-forming veggies and probably want to limit the amount you have of them at a time," says Michalczyk. She also mentioned that sugar alcohols can easily be a culprit for bloating. How to prevent bloating If it's not your time of the month and you're experiencing an uncomfortable amount of bloating, it may be time to reconsider what you're putting on your plate. "It might be helpful to keep a brief food diary where you write down what you ate and how you felt after (bloated, uncomfortable) to figure out the culprit of your bloating," says Michalczyk. Every single body reacts to foods differently, so take some time to figure out yours. Write out what you're eating and how it makes you feel an hour or so afterward. If you're experiencing an uncomfortable amount of bloating, you should consider decreasing that specific food in your diet—especially if it's one of these foods that cause gut discomfort. Another surprising way to decrease bloating is to simply stop eating and drinking at the same time. Michalczyk says this can actually cause bloating in the stomach. "One thing that could help [decrease bloating] is not eating and drinking at the same time," says Michalczyk. "This can get a lot of air into your system, which can contribute to bloating." So next time you enjoy a meal, enjoy your drink separately. Some nutritionists even say drinking a whole glass of water before enjoying your meal will not only help with feeling bloated later, but will keep you from overeating. Feeling uncomfortable and need some relief? If you're looking to debloat, Michalczyk recommends incorporating more peppermint and ginger into your diet if you can, because they are great stomach shooters. An easy way to do so is to start a tea routine that includes one of these in the tea mix. You can also consider incorporating these 15 anti-bloating foods into your diet to decrease that bloat for good. Want to understand more about nutrition? Sign up for our newsletter and receive tips in your inbox. Flatulence and Burping: Why Gas HappensGas can occur due to the foods that you eat or because you take in too much air while eating. There are a number of foods that can increase gas, bloating, and flatulence, and each one may affect every individual differently. Common gas triggers include dairy products, certain sugars, and artificial sweeteners, such as sorbitol.Swallowing too much air may happen when you drink through a straw, eat or drink too quickly, or frequently chew gum. About 50 percent of gas that leads to flatulence comes from swallowing air, not from food.Flatulence and Burping: Controlling GasIf gas makes you uncomfortable and you want to find a way to control it — even if it's not excessive gas — try making some dietary and lifestyle changes. Avoid specific foods that you know give you gas and try to eat your meals more slowly. You can also control flatulence with over-the-counter remedies that aid digestion and reduce gas.Excessive gas may be a sign of certain digestive health conditions, like irritable bowel syndrome (IBS) or gastroesophageal reflux disease (GERD). If excess gas is caused by an underlying disorder, prescription medication can help to control it. If you notice excessive belching, flatulence, or bloating that isn't affected by your diet, discuss your symptoms with your doctor. Medically reviewed by Saurabh Sethi, M.D., MPH — Written by Danielle Dresden on May 21, 2018Why do we fartOther facts about flatulenceTakeawayFlatulence and flatus are medical terms for what is commonly known as farting. While people do not tend to discuss farting openly, it is something that everyone does.In fact, according to some research, the average person passes gas about 12–25 times a day. In this article, learn about why people produce gas and discover some other fascinating facts.The body produces intestinal gas as part of the process of digestion. Once this gas is inside the body, it needs to be released somehow. It is usually expelled through the anus as flatulence or out of the mouth as a burp.Some intestinal gas comes from the air that people swallow when they are eating, chewing gum, drinking through a straw, or smoking.Oxygen, nitrogen, and carbon dioxide are the primary external gases found inside the body. They make up what is called exogenous air.Intestinal gas is produced within the body when bacteria in the colon break down food. This is called endogenous gas.Endogenous gas consists mainly of hydrogen and, for some people, methane. It can also contain small amounts of other gases, such as hydrogen sulfide, which make farts smell bad.However, bad smells only apply to about 1 percent of the gas that people expel, most of which is almost odor-free.Undigested carbohydrates are a common cause of gas, as the stomach and the small intestine cannot break these foods down. Instead, these carbohydrates move into the large intestine, where bacteria begin to break them down, releasing intestinal gas in the process.Undigested carbohydrates include:Sugars: such as fructose, raffinose, and sorbitol, which some fruit and artificial sweeteners contain.Soluble fiber: found in dried beans, nuts, and fruit.Insoluble fiber: found in root vegetables and wheat bran, amongst other foods.Starches: such as corn, wheat, and potatoes.According to the International Foundation for Functional Gastrointestinal Disorders (IFFGD), foods that make one person fart will not necessarily have the same effect on someone else.However, some foods are known to create high levels of intestinal gas, including:Foods rich in raffinose: Humans lack the enzyme needed to digest raffinose, a complex sugar. When bacteria in the gut try to process it, they release lots of gas. Raffinose is plentiful in beans, whole grains, asparagus, broccoli, Brussels sprouts, and cabbage.High-sulfur foods and drinks: Although high-sulfur foods are an essential part of a healthful diet, eating a lot of them can lead to more frequent and pungent farts. These foods include garlic, onions, and cruciferous vegetables, such as cauliflower and broccoli. Some drinks, including wine and beer, are also high in sulfur.Foods made with sugar alcohols: Sugar alcohols provide sweetness without the calories of regular sugar, so they are often present in “sugar-free” processed foods. The body does not digest them completely, so they may cause gas.Although everyone farts, people with certain conditions may have more problems with intestinal gas than others. These conditions include:Lactose intolerance: About 70 percent of adults globally do not have enough of the enzyme that helps them digest milk and milk products. For people with lactose intolerance, eating dairy can cause significant discomfort, gas, bloating, and diarrhea.Celiac disease: There are more than 200 symptoms of celiac disease, including painful bloating and gas. People with celiac disease are unable to digest gluten.Irritable bowel syndrome: Also known as IBS, this is a chronic condition affecting 10–15 percent of Americans. Symptoms include abdominal pain, diarrhea, constipation, and gas.Individuals who think they may have one of these conditions should see a doctor for a confirmed diagnosis.Some diets can help people with gastrointestinal conditions reduce their symptoms. One of these is known as the low-FODMAP diet.By following a low-FODMAP diet, a person will consume fewer foods that are fermentable, or that contain oligosaccharides, disaccharides, monosaccharides, and polyols.Studies have found that 50–86 percent of people with IBS who followed this diet had a reduction in symptoms.Share on PinterestIt is normal and healthy for a person to fart.Although farting is not typically a conversation starter, there is plenty to learn about it. Facts about flatulence include:The average person produces 0.6–1.8 liters of intestinal gas each day.The Environmental Protection Agency (EPA) estimates that methane production from livestock (essentially cow farts) makes up about 36 percent of the methane pollution that human activity generates.Research has found no significant difference between the amount that younger and older people fart. Likewise, there is no notable difference between the sexes.Healthy individuals pass gas between 12 and 25 times a day. However, it is not uncommon for people to fart more than this, depending on their choice of foods.Only 1 percent of the gases expelled in farts smell bad. These include foul-smelling gases such as hydrogen sulfide.More than 99 percent of the gas that people pass consists of just nitrogen, oxygen, carbon dioxide, hydrogen, and methane.People pass more gas when they are asleep.The word “fart” comes from the Old English word “feortan,” which means “to break wind.”Soaking beans in water overnight can reduce their tendency to trigger farting.Sociologists who interviewed college students regarding their feelings about farting found that heterosexual women were more likely to worry that people hearing them fart would find it disgusting, while heterosexual men were the most likely to think it was funny.Although farting is as natural as eating or breathing, it can still cause embarrassment. Even people whose level of intestinal gas is well within the normal range may try to limit how much gas they pass.Fortunately, studies have found that adjusting a person’s diet can result in fewer farts.Over-the-counter commercial enzyme products, such as Beano, can also reduce the body’s production of intestinal gas. However, these products are not usually suitable for long-term use.For a more natural approach, a person can eat smaller meals more frequently and drink peppermint tea to relieve bloating and flatulence. Last medically reviewed on May 21, 2018GastroIntestinal / Gastroenterology You’ve definitely held in a fart (or 500) in your lifetime. We all do it. But what are the health implications of refusing to pass gas? In a recent YouTube video, the creators of the channel What If delved into what actually happens if you hold in your farts. And, boy, is this knowledge we all need.The average person farts 12 and 25 times a day, according to the video, expelling enough gas to fill a one to two liter soda bottle each day. This intestinal gas forms as part of the digestion process, commonly caused by the air you swallow by eating, drinking, and smoking. It can also be produced when bacteria break down food in your colon. “Some food cause larger, smellier amounts of gas because they contain sulfur,” the video explains. “These foods include things like cauliflower, beans, and dairy.” And we definitely all know this to be true.Now, intestinal gas can either be released as a burp or a fart. When you hold in a fart by tightening your anal sphincter muscles, the pressure builds on the gas in your digestive system. In the short term, this can cause immediate pain, bloating, and heartburn. If you hold a fart in long enough, the gas can even be absorbed into your bloodstream, passed into your lungs, and eventually exhaled as a more socially-acceptable burp. But, as the video explains, that’s probably the best-case scenario.Another possibility is that you could develop swollen and inflamed pouches that form along the intestinal wall in a condition known as diverticulitis. This unsavory condition can lead to diarrhea, fever, and bleeding from the rectum. If something is blocking your colon and preventing you from expelling gas, however, your colon could start to expand—until it pops. Thankfully, this only happens with very ill patients. So don’t worry, you won’t pop like a balloon for holding in your farts. But just let it loose. It's for your health. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Flatus—the proper medical term for gas emitting from the intestines—has been examined at length in comedy, on YouTube, and in dorm rooms around the world. A fart's volume, however, is not often addressed. Farts consist primarily of nitrogen, hydrogen, carbon dioxide, oxygen, and methane. These gases have mass, which means farts could theoretically be measured for volume. But has anyone ever bothered? And if so, how? Yes. And, gently. In 1991, gastroenterologists from the Human Gastrointestinal Physiology and Nutrition Department of the Royal Hallamshire Hospital in Sheffield, England published a paper in the trade journal Gut that attempted to quantify toot size. Their methodology was simple: take 10 volunteers, feed them 200 grams of baked beans on top of their normal diet, and measure their flatulence over a 24-hour period via rectal catheters. Placed where the sun's ray cannot shine. MediQuip To confirm their collection protocol was up to snuff, subjects sat in a bath with the rectal catheter inserted—the line led to a laminated gas bag—and farted. Since no bubbles were visible, they concluded the catheter was sealed. The physicians determined that the average adult produces a median 705 milliliters of gas (nearly 24 ounces, or two soda cans’ worth) every day. Men and women passed equal amounts; farts tended to be more robust following a meal. The farters varied widely in individual output, with a range of 476 ml to 1491 ml among the subjects during the 24 hours. The researchers noted that a singular fart, regardless of time of day, gender, or body size, was between 33 to 125 ml, with a median of 90 ml. That’s the equivalent of roughly three ounces of comedy. According to Matthew Bechtold, M.D. a gastroenterologist and associate professor of Clinical Medicine at the University of Missouri, fart volume can be highly variable depending on both the amount of swallowed air and the matter produced by bacteria in the colon. Simple carbohydrates that are incompletely digested feed these normal bacteria, which then produce gases. “The main carbohydrate responsible for flatulence is raffinose, a sugar commonly found in cabbage and broccoli, which is poorly digested,” he says. The study noted that volunteers on low-fiber diets reduced most of the fermentation gases expelled, lowering their fart volume to 200 ml for an entire day. The researchers did not indicate whether any solid matter would—or should—be considered when evaluating fart mass. According to Bechtold, no fecal material typically escapes during a gas pass. “The anus does well at keeping solid material in while letting the gas out,” he says. The approximate size of your average fart. With that settled, we posed another flatus-related query to Bechtold: If someone farted in cold weather with their pants down, could we visualize the fart similar to the way we see someone’s breath? “Given the gas is contained in an environment of 98 degrees Fahrenheit just like the lungs, if gas is passed in a cold enough climate, it would likely be witnessed,” he says. “However, given that most patients are fully dressed with a barrier of pants between the anus and the outside environment, it generally goes unnoticed and diffuses rapidly in the air.” Put another way: A fart is roughly the volume of an airport-approved travel bottle, and could be seen in cold weather if you were inclined to remove your pants in the name of science.

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